

Minimum coaching requirements for **Artistic Gymnastics** (applicable for all training and competitive environments)

Coaching status	Minimum Training requirements	Role and responsibilities	Athlete levels they can coach
Pre-CIT	<ul style="list-style-type: none"> <li>• 13 years+</li> <li>• Club directed program using the GCG Pre-CIT Mentorship Manual and Workbook as a program guide</li> <li>• Mentorship program can take 1-2 years</li> <li>• Electronic copies of Pre-CIT Manuals can be obtained by visiting <a href="http://www.abgym.ab.ca">www.abgym.ab.ca</a> (NCCP page)</li> </ul>	<ul style="list-style-type: none"> <li>• May act as an assistant coach under one-on-one direct supervision of a certified coach (minimum Gymnastics Foundations certified, Level 2 technical highly recommended). Supervisor must be 18 years+</li> <li>• May NOT supervise a group or spot any skill</li> <li>• Follow direction provided by their supervising coach</li> </ul>	<ul style="list-style-type: none"> <li>• GFA programming</li> <li>• Public Access Programs</li> <li>• Athletes 6+ years of age</li> </ul>
Gymnastics Foundations coach IN TRAINING (CIT)	<ul style="list-style-type: none"> <li>• 15 years+</li> <li>• Refers to coaches have only completed Gymnastics Introduction and/or Theory course(s).</li> </ul>	<ul style="list-style-type: none"> <li>• May act as an assistant coach under <b>direct</b> supervision of a certified coach (minimum Gymnastics Foundations certified and 18 years+).</li> <li>• May NOT supervise a group or spot any skill</li> <li>• Follow direction provided by their supervising coach</li> </ul>	<p>Levels as listed above</p> <ul style="list-style-type: none"> <li>• Athletes 6+ years of age</li> </ul>
Gymnastics Foundations ARTISTIC GYMNASTICS TRAINED	<ul style="list-style-type: none"> <li>• Refers to coaches who have completed: GF THEORY + GF INTRODUCTION + GF SPORT SPECIFIC (Artistic Gymnastics and/or Active Start)</li> </ul>	<ul style="list-style-type: none"> <li>• May act as a coach or assistant coach under <b>indirect</b> supervision (within reasonable proximity - within eye-sight) of a certified coach (minimum Gymnastics Foundations certified, Level 2 technical highly recommended)</li> <li>• May NOT teach Level 2 NCCP skills or inverted skills with flight</li> <li>• Gymnastics Foundations coaches are required to follow the guidelines as per the relevant NCCP Gymnastics Foundations discipline manual</li> </ul>	<p>Levels as listed above</p> <p>Gym for ALL:</p> <ul style="list-style-type: none"> <li>• CANGYM Burgundy – Purple</li> <li>• <b>Only Active Start Trained coaches can work with athletes 0-5 years of age.*</b></li> </ul> <p>Pre-Competitive:</p> <ul style="list-style-type: none"> <li>• WAG: JO Level 1-2</li> <li>• MAG: P1</li> </ul>
Gymnastics Foundations ARTISTIC GYMNASTICS CERTIFIED	<ul style="list-style-type: none"> <li>• 16 years+ to certify</li> <li>• Refers to coaches who have completed: GF THEORY + GF INTRODUCTION + GF SPORT SPECIFIC + EVALUATION= CERTIFIED</li> </ul>	<ul style="list-style-type: none"> <li>• May supervise their own group</li> <li>• May act as a supervising coach to Pre-CIT or GF coach in training/trained.</li> <li>• May NOT teach Level 2 NCCP skills or inverted skills with flight (flipping)</li> <li>• Gymnastics Foundations coaches are required to follow the guidelines as per the relevant NCCP Gymnastics Foundations discipline manual</li> </ul>	<p>Levels as listed above</p>

L2 or Comp 1 ARTISTIC TRAINED	<ul style="list-style-type: none"> <li>• Competition Introduction THEORY + L2/C1 TECHNICAL</li> </ul>	<ul style="list-style-type: none"> <li>• May act as a coach or assistant coach under supervision (within reasonable proximity - within eye-sight) of a Level 2/Comp 1 certified coach.</li> <li>• May spot athletes performing NCCP COMP 1 skills</li> <li>• May NOT spot or teach Level 3 NCCP skills</li> <li>• May NOT coach beyond scope of training</li> <li>• May NOT supervise Gymnastics Foundations trained coaches, unless GF CERTIFIED.</li> <li>• May coach under <u>indirect</u> supervision of a certified coach (minimum L2/C1 certified and 18 years +).</li> </ul>	<p>Levels as listed above</p> <p>Gym for ALL:</p> <ul style="list-style-type: none"> <li>• CANGYM Blue - Yellow</li> </ul> <p>Competitive:</p> <ul style="list-style-type: none"> <li>• WAG - JO Level 3-7</li> <li>• MAG - P2, P3, Elite 1-2</li> </ul>
L2 or Comp 1 ARTISTIC CERTIFIED	<ul style="list-style-type: none"> <li>• C1 THEORY + TECHNICAL + EVALUATION=CERTIFIED</li> </ul>	<ul style="list-style-type: none"> <li>• May act as a supervising coach to C1 coaches in training/trained.</li> <li>• MAG/WAG: Required to access floor at Provincial &amp; Western Championships</li> </ul>	<p>Levels as listed above</p> <p>Gym for ALL:</p> <ul style="list-style-type: none"> <li>• Required to access floor at Canadian and Western Gymnaestrada</li> </ul>
Comp 2 ARTISTIC TRAINED	<ul style="list-style-type: none"> <li>• C2 THEORY + TECHNICAL</li> </ul>	<ul style="list-style-type: none"> <li>• May act as a coach or assistant coach under supervision (within reasonable proximity - within eye-sight) of a Level 3/Comp 2 certified coach.</li> <li>• May spot athletes performing NCCP COMP 2 skills</li> </ul>	<p>Levels as listed above</p> <p>Gym for ALL:</p> <ul style="list-style-type: none"> <li>• CANGYM Green – Gold</li> </ul> <p>Competitive:</p> <ul style="list-style-type: none"> <li>• WAG JO 8-9 &amp; Aspire</li> <li>• MAG Elite 3, 4, P4, P5 &amp; Open</li> </ul>
Comp 2 ARTISTIC CERTIFIED	<ul style="list-style-type: none"> <li>• C2 THEORY + TECHNICAL + EVALUATION</li> </ul>	<ul style="list-style-type: none"> <li>• May act as a supervising coach to C1 &amp; C2 coaches in training/trained.</li> </ul>	<p>Levels as listed above</p>
Level 3/Comp ARTISITIC 3 TRAINED	<ul style="list-style-type: none"> <li>• C3/L3 THEORY + TECHNICAL</li> </ul>	<ul style="list-style-type: none"> <li>• May act as a coach or assistant coach under supervision (within reasonable proximity - within eye-sight) of a Level 3/Comp 3 certified coach.</li> <li>• May spot athletes performing NCCP COMP 3 skills</li> </ul>	<p>Levels as listed above</p> <ul style="list-style-type: none"> <li>• WAG JO 10 – HP</li> <li>• MAG Jr &amp; Sr</li> <li>• Required to coach MAG &amp; WAG National stream (and higher) athletes</li> </ul>
L3/Comp 3 ARTISTIC CERTIFIED	<ul style="list-style-type: none"> <li>• C3/L3 THEORY + TECHNICAL + EVALUATION</li> </ul>	<ul style="list-style-type: none"> <li>• May act as a supervising coach to C1 -C3 coaches in training/trained.</li> </ul>	<ul style="list-style-type: none"> <li>• All levels</li> </ul>
L4/Comp 4 ARTISTIC CERTIFIED	<ul style="list-style-type: none"> <li>• C4/L4 THEORY + TECHNICAL + EVALUATION</li> </ul>	<ul style="list-style-type: none"> <li>• May act as a supervising coach to C1 -C4 coaches in training/trained.</li> <li>• Requirement for International Competitions</li> <li>• May spot athletes performing NCCP COMP 4 skills</li> </ul>	<ul style="list-style-type: none"> <li>• All levels</li> </ul>

- Pre-Coach-in-Training (Pre-CIT) = a 13-15 year old who is not yet eligible to start NCCP Gymnastics Foundations (GF) training
- WAG = Women's Artistic Gymnastics, MAG= Men's Artistic Gymnastics, GFA= Gymnastics For ALL
- Trained = a coach who has completed the three GF training courses (intro, theory & discipline specific)
- Certified = a coach who has completed the three GF courses + GF evaluation, OR the technical, theory and practical components for Level 2 or 3
- If your club is offering a gymnastics sport, you need to have at least one CERTIFIED coach in that sport in the gym during the programming of that class
- Head Coaches of Competitive Clubs: Must be NCCP L2/C1 CERTIFIED
- Drop in's & Birthday Parties: Trampoline cannot be utilized during these times under any circumstances
- All coaches must be Respect in Sport Certified and are encouraged to obtain Police and Child Welfare Checks
- For information regarding all limitations for Trampoline please refer to Trampoline Limitation document at [abgym.ab.ca](http://abgym.ab.ca)